



THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT  
 "We Enrich Lives Through Quality Parks and Programs"  
[www.sandiego.gov](http://www.sandiego.gov)

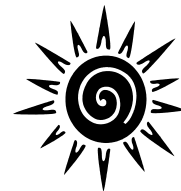


## SWANSON POOL

3585 GOVERNOR DRIVE ♦ SAN DIEGO, CA 92122 ♦ (858) 552-1653

### WINTER / SPRING SCHEDULE 2010

**EFFECTIVE: JANUARY 19-JUNE 27, 2010**



#### LAP SWIM

Mon/Wed/Fri	8:00 am -10:00 am ** 11:30 am- 1:30 pm 5:45 pm- 7:00 pm**
Tues/Thurs (1/26-3/18)	4:45 pm- 6:45 pm**
Tues/Thurs (3/23-6/24)	3:30 pm- 6:45 pm**
Saturday	12:00 pm-3:00 pm

#### RECREATIONAL SWIM

Mon/Wed/Fri	11:30 am- 1:30 pm **
Tues/Thurs (1/26-3/18)	4:45 pm- 6:00 pm **
Tues/Thurs (3/23-6/24)	3:30 pm- 6:00 pm **
Saturday	12:00 pm- 3:00 pm
MEMORIAL DAY	12:00 pm- 3:00 pm

#### POOL CLOSURES: February 15, March 31 & June 5

\*\*Specific lanes and areas will be designated for Lap and Recreational Swimming, however the pool may be utilized for other programs during designated Lap and Recreational swim times

#### FACILITY ADMISSIONS FEES

Adults (16 & older)	\$4.00
Child/Disabled/Senior	\$2.00

#### DISCOUNT PASS FEES

Adults (16 & older)	\$100.00/30swims
Adults (16 & older)	\$35.00/10 swims
Child/Disabled/Senior	\$45.00/30 swims
Child/Disabled/Senior	\$15.00/10 swims

**Passes expire one year from the date of issue and can be used at any City Pools.**

**All persons entering the facility during Recreation and Lap Swimming MUST pay admission fee.**



- Children under 7 years of age or less than four feet tall must be accompanied by a paying parent or a responsible adult in a swimsuit at all times. While in the water, a parent or responsible adult must remain within arms reach of the child
- The City of San Diego Swimming Pools may close without notice during inclement weather conditions.

#### WATER FITNESS

##### Aquatic Body Conditioning (ABC)

This is a total body conditioning class; Multi-level, low impact, cardio respiratory work out held in shallow water. Flexibility, muscular strength and endurance are emphasized. Participants need not know how to swim.

**Mon/Wed/Fri 8:00 am - 9:00 am**

##### Arthritis - January 25 thru March 26

A gentle paced workout that focuses on stretching and range of motion of all major joints and muscle groups.

**Mon/Wed/Fri 9:15 am -10:15 am**

##### Deep Water- February 16 thru April 9

This challenging workout is conducted in deep water. Buoyant and resistive water exercise equipment is provided. Deep-water exercise is non-impact and provides resistance to all major muscle groups. (Participants must feel comfortable in deep water.)

**Mon/Wed/Fri 10:30 am-11:30 am**  
**Tues/Thurs 5:45 pm -6:45 pm**

#### Water Fitness Fees:

Adult/Senior Drop-in	\$3.50/class
Discount Pass	\$30.00/10 classes



#### Lifeguard Training Course

**March 2-April 1**



Age requirement, must be 15 years of age by the last day of the course or older. This course is designed to teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drownings and injuries. Upon successful completion of the course, participants will receive American Red Cross Universal Certificates – Lifeguard Training/First Aid, Title 22 (both valid for three years), and CPR/AED for the Professional Rescuer (valid for one year).

Please contact Manager for further details and registration

## **CITY OF SAN DIEGO SWIM LEAGUE**

City of San Diego Swimming (CSDS) is a recreational swim organization for youth 5-17 years old, which offers a quality, safe program that is committed to introducing and developing basic competitive swim skills while promoting fun and team spirit. Swimmers are encouraged to participate in swim meet competitions with other City of San Diego swimming pools.

**Prerequisite:** Pool Manager's approval



**White and Silver Level**  
**Starts February 1, 2010**  
**Monday, Wednesday, Friday**  
**4:45-5:45 pm**

**Fees: \$25.00/Month**

(fees are due at the beginning of ea. Month)

## **YOUTH WATER POLO**

Participants are introduced to basic water polo skills with an emphasis on teamwork, fun, and sportsmanship. Participants must be able to swim 200 yards continuously and tread water for one minute. Ages 6 to 17 years of age.



**Starts April 6, 2010**  
**Tuesday & Thursday**  
**5:30-7:00 pm**

**Fees: \$25.00/Month**

(fees are due at the beginning of ea. Month)

**EMERGENCY TESTING-** All City pool personnel are subject to emergency testing at any time. Patron patience and cooperation during these drills are greatly appreciated

**RENTALS-** All City pools are available to rent for exclusive or shared use (birthday parties, school activities, athletic team activities, company parties, special events, etc.). More information may be obtained from the Pool Manager

**DONATIONS-**By donating to our park system, you can help the park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call David Monroe, Deputy Director CPII Division, (619)525-8235

**VOLUNTEERS NEEDED!**Ongoing opportunities are available at the recreation centers, pool and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit [www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml](http://www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml) or contact the Volunteer Office at (619)533-4017

As a recipient of federal funds, the city of San Diego cannot discriminate against anyone on the basis of race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state or local laws. If anyone believes, he or she has been discriminated against, he or she may file a complaint alleging the discrimination with the City of San Diego Park and Recreation Department (contact District Manager (619) 533-6526) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request.

## **SWIMMING LESSONS**

**Registration begins Saturday, February 13**

**Registration Hours:**

*Mon/Wed/Fri 11:30 am - 1:00 pm*

*Monday thru Friday 4:30 pm - 6:30 pm*

*Saturdays 12:00 pm 2:30 pm*

**Tuesday/Thursday 8/40 minute classes**

**Session 1 March 23 - April 15**

**Session 2 April 20 - May 13**

**Session 3 May 18- June 10**

4:00-4:40pm	Tiny Tots	Beginner 1
4:45-5:25pm	Adv. Tots	Beginner 2
5:30-6:10pm	Super Tots	Beg 3
6:15-6:55pm	Adults	Adv. Beg

### **FEES:**

All group lessons are small group

**\$80.75**

### **PRIVATE LESSONS-**

Tues/Thurs evenings 5/30 minute lessons.

Available February thru May and should be scheduled through the Pool Manager. Patrons are encouraged to enroll for private lessons before May as instructor availability becomes limited lessons begin.



### **FEES:**

Private (1 participant)

**\$180.00**

Semi-Private (2 participants of equal level)

**\$150./per person**

**REFUND POLICY-** Extra care should be given to the selection of classes. **There are NO REFUNDS.** Class transfers or credit towards another aquatic program may be requested and must be authorized by the Pool Manager. **Full refund will be granted only if class is cancelled by the Pool Manager**

### **KEEPING THE POOLS CLEAN & OPEN**

- When the pool is contaminated with fecal matter, the pool must close.
- Children should use the restroom before entering the pool, wash their hands with soap and water and shower.
- Children 3 years of age and younger are required to wear a tight fitting "swimsuit diaper" or tight fitting plastic pants and a swimsuit.
- Children are not permitted to swim in the pool if they are suffering from an illness that causes diarrhea or have had diarrhea in the past two weeks.

Patrons must abide by the "no street shoes on the pool deck rule"

